

ABSTRACT

It is an object to provide an optical information recording medium for land/groove recording, capable of recording at a plurality of linear speeds, wherein deterioration of jitter of the reproduction
5 signal is prevented in recording and reproduction at low linear speeds. To this end, there is provided an optical information recording medium having a land/groove structure and being capable of recording at a plurality of linear speeds, wherein the ratio (SH/SL) of the maximum recordable linear speed (SH) to the minimum recordable linear speed (SL) has a value of 2 to 3, and the ratio (RG/RL) of the amount of light reflected from a groove (RG) in an unrecorded state to the amount
10 of light reflected from a land (RL) in an unrecorded state has a value of at least 1.08 and no more than 1.19.